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CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



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EDITOR

The State Board of Health and Communicable Disease Control.

The California State Board of Health was organized in April, 1870, and has been in continuous existence since that time. The board is composed of seven duly licensed and practicing doctors of medicine of this state, appointed by the Governor for the term of four years. The members, with the exception of the secretary and executive officer, receive no compensation for their services. The law requires that the board shall meet every three months, but as a matter of fact, the volume of business conducted by the board is so great that it becomes necessary to hold meetings every month and oftener.

The chief function of the State Board of Health lies in the control of the communicable diseases. The law prescribes as the first duty of the board that "it shall examine into the causes of communicable diseases in man, and domestic animals occurring or likely to occur in this state." It has the power to adopt and enforce rules and regulations for the execution of its duties. It may quarantine or isolate, inspect and disinfect persons, animals, property and things of whatever nature, and houses, rooms, places, cities or localities whenever such action shall be deemed necessary to protect or preserve the public health. Although the board is given unlimited powers for the performance of its duties, there is no record, during the fifty-two years of its existence,

of the board having abused these powers.

The following communicable diseases, under the law, are reportable and each case must be reported to the local health officer by the attending physician or by any other individual who may have knowledge of the existence of a case of such disease.

Anthrax.
Beri-Beri.
Botulism.
Cerebrospinal meningitis (epidemic).
Chickenpox.
Cholera, Asiatic.
Dengue.
Diphtheria.
Dysentery.
Encephalitis (epidemic).
Erysipelas.
Flukes.
Food poisoning.
German measles.
Glanders.
Gonococcus infection.*
Hookworm.
Influenza.
Jaundice, infectious.
Leprosy.

Malaria.
Measles.
Mumps.
Ophthalmia neonatorum.
Paratyphoid fever.
Pellagra.
Plague.
Pneumonia.
Poliomyelitis.
Rabies.
Rocky mountain spotted (or tick) fever.
Scarlet fever.
Smallpox.
Syphilis.*
Tetanus.
Trichoma.
Tuberculosis.
Typhoid fever.
Typhus fever.
Whooping cough.
Yellow fever.

Of the above diseases, the following are quarantinable:

Cerebrospinal meningitis (epidemic).
Cholera, Asiatic.
Diphtheria.
Encephalitis (epidemic).
Leprosy.

Plague.
Poliomyelitis.
Scarlet fever.
Smallpox.
Typhoid fever.
Typhus fever.
Yellow fever.

During 1921 there were 78,292 cases of communicable diseases reported to

*Reportable by office number, name and address not required.

the California State Board of Health, of which number 22,204 cases were of diseases for which quarantine is required. There were but 2565 cases of influenza reported last year, while there were 9465 cases of diphtheria, 5581 cases of smallpox and 5557 cases of scarlet fever. Of the 131,738 cases of communicable diseases reported during 1920, 58,976 of these were cases of influenza.

With these reports there is submitted a vast amount of information that is valuable in the control of the communicable diseases. The compilation of this information and its usage in the control of these diseases constitutes one of the most important activities of the California State Board of Health. The board serves as a clearing house for information pertaining to the communicable diseases and depends absolutely upon the receipt of reports of cases for data upon which measures of control are instituted.

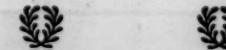


The Status of Smallpox Control.

There is apparently some confusion and misunderstanding relative to the present status of smallpox control in California. Smallpox is now controlled under the regulations of the State Board of Health, the same as other communicable diseases. There is no special legislation with regard to smallpox, with the exception of Chapter 370 of the 1921 Statutes, which repeals the old Vaccination Act of 1911, and provides that no rule or regulation on the subject of vaccination shall be adopted by school or local health boards.

This measure does away with the cumbersome and unpopular Vaccination Act which provided for the exclusion of all unvaccinated persons from attendance upon the school whenever smallpox existed within the school district.

The complex conditions which arose in connection with this old act led to many embarrassing and difficult situations. Under the present law the regulations of the State Board of Health provide a uniform method of regulation and thus the possibilities for confusion and misunderstanding should be eliminated.



A Possible Discovery.

The New York State Department of Health, in its December Bulletin to Health Officers, mentions the fact that a meteorologist with the United States Department of Agriculture, Weather Bureau, at Binghamton, New York, has

reported finding a minute red tick infesting house flies. He sent a report of his discovery to the United States Department of Agriculture, as he thought that this tick might possibly bear the relation to an intermediate host in the transmission of poliomyelitis.

Entomology has been and still is one of the strongest and most important component parts of public health. While the discovery of this meteorologist may not result in the finding of the intermediate host in the transmission of poliomyelitis, it is noteworthy that scientifically trained men everywhere are on the alert, hoping to find a solution to the many problems connected with the transmission of disease. It is only through the cooperation of all scientific men that great advances in the health and welfare of human beings can be made.



Two More Fatal Botulism Cases.

The State Board of Health has recently investigated two fatal cases of botulism that occurred in one of the interior counties.

It appears that the consumption of home canned beans which were very heavily infected with botulinus-toxin is responsible for these deaths which were in a mother and her child. Contents of the home canned product, thrown out to be eaten by chickens, caused limber neck in the fowls, killing the entire flock.

Health officers throughout the state are requested to advise the residents of their communities, through the newspapers, not to eat any canned goods that show signs of spoilage. The spoiled contents should not be thrown out on the ground where they may cause the infection of the soil with botulinus bacilli, making new foci for the spread of the infection. It is true that the contents of canned goods which show spoilage may be eaten with safety, if such contents are thoroughly boiled for at least five minutes; but who wants to eat spoiled food?



California Raises Country's Largest Children.

California children, six years of age and under, are on the average one-third of an inch higher in stature and three-quarters of a pound heavier in weight than children of the same age group in other states. This fact has been established through computations made by the Children's Bureau of the United States Department of Labor. The height and weight rec-

ords of no less than two million children in the United States were used as a basis for these computations.

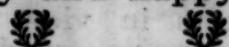
Children, fortunately, have always been considered California's most important and most valuable crop, and climate plays just as important a part in the growth of children as it does in the development of agricultural crops. Out-of-door life the year round, the use of fresh vegetables and fruits during both winter and summer, the availability and general use of pure, fresh milk and other dairy products, are the chief contributing factors to the greater height and weight of California children. These same factors also have a great deal to do with making the death rates for California infants and children much lower than are similar rates in other states. The many unofficial as well as official organizations dealing with the conservation of child life are also important factors in promoting the health of our children.

California has developed more remarkable athletes of the record making kind than have most of the other states. Baseball and football players, as well as those prominent in other branches of athletics, are continually being drafted from California, and the skill of our athletes has become known the world over. This increased growth in height and weight during early life may play a considerable part in the making of our athletes. Favorable, early growth helps in the development of a strong, healthy body.

Bodily strength and vigor do not prevent either children or adults from contracting communicable diseases, however. To be sure, a strong constitution can better withstand an attack from a communicable disease, but it plays no part whatsoever in preventing the contraction of the disease. California children suffer from the communicable diseases the same as do children in other states. The fact that they are taller and heavier is no factor in disease prevention. It is of the greatest importance that everything possible should be done to safeguard our children, especially against measles, whooping cough, scarlet fever and diphtheria. The damage that these diseases do in early life is very great, but the after-effects that follow in adult life are much more extensive and more serious.

Since we have an advantage over other states, in that our children are taller and heavier, we should exert every possible effort to conserve child life in California. Pre-natal care, the prevention of the communicable diseases, the promotion of personal hygiene, early discovery and correction of physical de-

fects, and the development of recreational activities and sports, are all of great importance and should be fostered at every opportunity in order that the children of California may always be robust, healthy and happy.



PRE-NATAL TALK.*

The Nursery.

Full preparations for the little stranger mark the days when the care comes on the young mother and her strength is less adequate and her experience limited.

The sunniest room in the house should be the baby's nursery. In San Francisco a room that can be ventilated by a south or east window is more equable. An open fireplace always gives perfect, even ventilation, whether the fire burns or not.

The bed may vary from a draped and bowed bassinet to a splint clothes basket, painted white and fastened to a stand.

Dotted Swiss lining over a color or white makes this simple bed attractive. An individual bed for the baby is the essential thing. No baby or child should ever sleep with an adult.

The mattresses should be firm—hair is best—and protected by a rubber covering and stitched bed-pad, bought by the yard, and bound, or a home-made pad, made of cheesecloth and cotton. No pillow should be used under a year, and then a thin hair pillow is best. Down pillows are too hot and are dangerous to put a small baby on, as the baby can be suffocated by turning with the pillow unobserved.

Sheets and light blankets, best made of eiderdown flannel, double-faced, complete the little bed. The bed clothes should be sunned several hours each day. The bath tray can be used in changing the baby.

If a formula fed baby, a feeding tray should contain a rack for bottles, cold boiled water for drinking, measuring glass, sugars used and a tablespoon, two pitchers for mixing broth and funnel for filling bottles, and cotton to seal bottles.

The baby should go to sleep always in a quiet, dark room, well ventilated. These systematic preparations make the baby's care more simple and more efficient for both baby and mother.

Many days the tiny baby's outing can be taken in the beaming sunshine of a wide opened window—the baby being dressed in coat and cap as it would be out of doors.

Some people say if the working man's wages were raised his health would be improved. It is still truer that if his health were improved, his wages would be increased.—
Irving Fisher.

The physician must be able to tell the antecedents; know the present, and foretell the future—must meditate these things, and have two special objects in view with regard to disease, namely, to do good or to do no harm. The art consists in three things—the disease, the patient, and the physician. The physician is the servant of art, and the patient must combat the disease along with the physician.—Hippocrates.

Ignorance is the chief ally of disease, and by dispelling ignorance we can best protect ourselves. Only men and women ignorant of the purposes of health officers oppose their work and put obstacles in their way, and such men and women do not always dwell in pretentious quarters of the town. If such ignorance exacted its own penalty only from the ignorant, the case would be pitiful enough, but actually it menaces the whole community in which it exists.—New York Sun.

The employer, if he is wise, will concern himself with all the recommendations and suggestions laid down in the peace conference as to hours of labor, sanitary conditions, protection of women and children, and the general welfare of the laboring men. There can be no permanent or satisfactory industrial development which is not founded upon the welfare of the laboring population which maintains it.—Sir Robert Borden.

In the relation of human lives to the material concerns of industry, let us remember that, precious as gold may be, there is nothing so precious as human life. Where, if ever, the claims of industry and humanity conflict, let us remember that industry exists for the sake of humanity, and not humanity for the sake of industry.—Hon. W. L. McKenzie King.

MORBIDITY.*

Smallpox.

Seven cases of smallpox have been reported, Inyo County reporting two and each of the following localities reporting one case: Chico, Colusa County, Eureka, Oakland and Ventura County.

Typhoid Fever.

Five cases of typhoid have been reported, distributed as follows: Lake County 1, Los Angeles County 1, Oakland 1, San Benito County 1, San Francisco 1.

Cerebrospinal Meningitis.

San Francisco reported one case of cerebrospinal meningitis.

Leprosy.

San Francisco reported one case of leprosy.

Epidemic Encephalitis.

Berkeley and Los Angeles County each reported one case of epidemic encephalitis.

*From reports received to date for last week.

COMMUNICABLE DISEASE REPORTS.

Disease	1922			Reports for week ending Dec. 30 received by Jan. 2	1921			Reports for week ending Dec. 31 received by Jan. 4		
	Week ending				Week ending					
	Dec. 9	Dec. 16	Dec. 23		Dec. 10	Dec. 17	Dec. 24			
Anthrax	0	0	0	0	0	0	0	0		
Cerebrospinal Meningitis	2	8	3	1	5	4	3	3		
Chickenpox	148	118	85	41	116	94	84	46		
Diphtheria	205	171	210	110	399	384	305	234		
Dysentery (Bacillary)	0	1	2	0	3	0	6	0		
Epidemic Encephalitis	3	3	1	2	2	1	2	3		
Gonorrhoea	81	125	97	42	94	155	66	64		
Influenza	35	26	25	13	30	16	10	15		
Leprosy	1	0	0	1	0	1	1	1		
Malaria	5	2	2	2	8	0	0	1		
Measles	20	24	25	20	13	14	31	13		
Mumps	13	17	15	5	64	95	46	28		
Pneumonia	109	96	128	41	89	99	122	104		
Poliomyelitis	0	0	0	0	2	8	3	2		
Scarlet Fever	174	156	132	75	174	181	160	82		
Smallpox	12	4	12	7	157	114	132	126		
Syphilis	83	130	63	35	142	109	78	40		
Tuberculosis	154	157	89	59	155	147	95	110		
Typhoid Fever	19	9	19	5	10	19	11	9		
Whooping Cough	51	71	36	26	39	30	36	21		
Totals	1115	1118	944	485	1502	1471	1191	902		